



Grilled Beef with Chimichurri Sauce

4 Servings • 1 Serving = 4 Ounces

Recipe developed by **Connie Guttersen, RD,**
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INGREDIENTS

- ¼ cup flat-leaf parsley, chopped
- 2 Tablespoons red wine vinegar
- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons beef broth or water
- 2 Tablespoons shallot, finely chopped
- 1 Tablespoon oregano, chopped
- 4 cloves garlic, minced
- ½ teaspoon lemon juice
- ¼ teaspoon crushed red pepper
- Kosher salt, to taste
- 1 -1-pound beef flank steak
- Freshly ground black pepper, to taste

DIRECTIONS

1. In a small bowl combine parsley, red wine vinegar, oil, broth or water, shallot, oregano, garlic, lemon juice, and crushed red pepper. Season with salt. Cover and let stand at room temperature for 1 hour. You can also prepare sauce, cover, and chill in the refrigerator for up to 48 hours. Let stand at room temperature before using.
2. Trim fat from steak. Score both sides of steak in a diamond pattern by making shallow diagonal cuts at 1" intervals. Season meat with salt and pepper. For a charcoal grill, place steak on the rack of an uncovered grill directly over medium coals. Grill for 12 to 14 minutes or until medium doneness (160°F). For a gas grill, preheat grill, then reduce heat to medium. Place steak on grill rack over heat. Cover and grill as above.
3. Serve steak with chimichurri sauce.

Nutrition Facts

4 servings per container
Serving size **4 ounces**

Amount per serving
Calories 230

% Daily Value*

Total Fat 13g 17%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 80mg 3%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 25g

Vitamin D 0mcg 0%

Calcium 45mg 4%

Iron 2mg 10%

Potassium 445mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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